

Cardiovascular Health in Missouri



The heart of the matter...

Physical inactivity is a risk factor for developing cardiovascular disease. If you do not get enough exercise and maintain a healthy weight, you are at an increased risk for having a heart attack or stroke.

Did you know?

- ♥ Nearly one in every four Missouri adults (24.8 percent) does not participate in leisure time physical activity.
- ♥ More than one third of African American adults (36.2 percent) in Missouri do not participate in any leisure time physical activity, compared to 23.1 percent of white adults.
- ♥ Six out of every 10 Missouri adults are overweight or obese, and that number is increasing. Nearly one fourth (24.9 percent) of Missourians are obese – defined as having a BMI (body mass index) of 30 or greater.



Are you getting enough physical activity?

Adults should participate in at least 30 minutes of physical activity every day – 60 minutes if you are trying to maintain your weight.

Increase your physical activity

- Sit less and move more.
- Limit your time in front of the television or computer.
- Make physical activity a part of each day. Go for a walk during lunchtime. Take the stairs instead of the elevator.
- Enjoy walks in the morning or evening.
- Participate in recreational activities such as bicycling, swimming or hiking.

Data Sources:

1. Centers for Disease Control and Prevention: Behavioral Risk Factor Surveillance System
2. Center for Health Information and Evaluation: Missouri Information for Community Assessment

Missouri Department of Health and Senior Services • Bureau of Cancer & Chronic Disease Control • (800) 316-0935

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